



## 2019 Chambersburg Recreation Department Swimming Lessons Registration Form



Participant's Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Gender: M F

Parent/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Please Circle Township in which you reside: Boro Greene Guilford Hamilton Letterkenny Lurgan Other

Please check (✓) the child's level under the session of your choice.

### **JUNE 3<sup>rd</sup> – 14<sup>th</sup> (M-F)**

**Registration Deadline: May 29<sup>th</sup>**

\_\_\_\_\_ Lifeguarding Today - 8:00 AM – 11:00 AM

### **SESSION 1: JUNE 17<sup>th</sup> – 28<sup>th</sup> (M-F)**

**Registration Deadline: June 10<sup>th</sup>**

\_\_\_\_\_ Jr. Lifeguarding - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4A - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4B - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 3 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 2 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 1 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 3 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 2 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 1 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Pre-Beginner - 10:30 AM – 11:00 AM

### **SATURDAYS: JUNE 29<sup>th</sup> – JULY 27<sup>th</sup>**

**Registration Deadline: June 21<sup>st</sup>**

\_\_\_\_\_ Adult - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4A - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 4B - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 3 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 2 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 1 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Pre-Beginner - 10:30 AM – 11:00 AM

\_\_\_\_\_ Mommy & Me - 10:30 AM – 11:00 AM

### **SESSION 2: JULY 1<sup>st</sup> – 12<sup>th</sup> (M-F)**

**Registration Deadline: June 24<sup>th</sup>**

\_\_\_\_\_ Level 6 - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 5 - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4A - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4B - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 3 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 2 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 1 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 3 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 2 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 1 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Pre-Beginner - 10:30 AM – 11:00 AM

\_\_\_\_\_ Mommy & Me - 10:30 AM – 11:00 AM

### **SESSION 3: JULY 15<sup>th</sup> – 26<sup>th</sup> (M-F)**

**Registration Deadline: July 8<sup>th</sup>**

\_\_\_\_\_ Level 6 - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 5 - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4A - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 4B - 8:30 AM – 9:30 AM

\_\_\_\_\_ Level 3 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 2 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 1 - 9:30 AM – 10:30 AM

\_\_\_\_\_ Level 3 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 2 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Level 1 - 10:30 AM – 11:30 AM

\_\_\_\_\_ Pre-Beginner - 10:30 AM – 11:00 AM

\_\_\_\_\_ Mommy & Me - 10:30 AM – 11:00 AM

This form grants \_\_\_\_\_ (participant's name) permission to participate in the Chambersburg Recreation Department's Swimming Lessons. I am aware that this type of recreational activity may result in injury. I (we) agree that the Borough of Chambersburg, its representatives and/or other organizations and individuals connected with sponsoring or conducting this event will not be held liable for any injury that may occur.

Parent / Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_



## 2019 Chambersburg Recreation Department Swimming Lessons Registration Form



<b>Prices: (Week Days)</b>	<b>Cost</b>	<b>Borough Rate</b>
Pre-Beginner (4 & 5 year olds)	\$59.00	\$49.00
Mommy & Me	\$59.00	\$49.00
Levels 1 – 4	\$75.00	\$65.00
Levels 5 – 6, Jr. Lifeguarding	\$75.00	\$65.00
Lifeguarding Today*	\$129.00	\$119.00

\*The participant is responsible for securing a book and mask for Lifeguarding Today. Purchase at [www.redcross.org/store/lifeguarding-and-learn-to-swim](http://www.redcross.org/store/lifeguarding-and-learn-to-swim). Upon passing the course, an additional \$35 will be paid to the instructor to obtain certification cards.

<b>Prices: (Saturdays)</b>	<b>Cost</b>	<b>Borough Rate</b>
Pre-Beginner (4 & 5 year olds)	\$49.00	\$39.00
Mommy & Me	\$45.00	\$35.00
Levels 1 – 4	\$59.00	\$49.00
Adult	\$55.00	\$45.00

### Chambersburg Rec Dept's Red Cross Certified Learn to Swim Program

**Pre-Beginner** – Must be a minimum of 4-5 years of age. Introduces basic water acclimation and safety skills. Focuses on swimming skills of front and back floating, kicking and arm motions. May not advance to level 1 until child is 6 years old.

**Mommy & Me** – Must be a minimum of 2-3 years of age. Toddlers will become acclimated to the water and discover they enjoy it. One adult must accompany the toddler in the water.

**Level 1** – Must be a minimum of 6 years of age. Builds on pre-beginner foundational skills. Skills must be successfully completed with support before advancing.

**Level 2** – Using basic arm and leg actions taught in Level 1, students will learn to move more independently through the water. Skills successfully completed without support before advancing.

**Level 3** – Students continue to improve skills and refine strokes learned in previous levels. Deep water skills such as diving is introduced.

**Level 4A** – Students are introduced to kicks for breast stroke, butterfly and sidestroke, while improving endurance for the front and back crawl.

**Level 4B** – Students continue to improve stroke techniques taught in Level 4A and continue to build endurance for all strokes.

**Level 5** – Stroke refinement for all strokes taught in Level 4 and swimming distances increase. Students work towards accomplishing 100 yards continuously.

**Level 6** – Students work to swim with ease, efficiency and power over increasingly greater distances. Students work towards swimming 500 yards continuously. Safety skills begin to shift towards those required for lifeguarding.

**Jr. Lifeguard** – The objective of the course, designed for kids 11-14 years of age, is intended to build a foundation of knowledge and skill for future Lifeguards. Participants will focus on developing swimming skills to help them accomplish the Lifeguarding Course requirements. The course also introduces Lifesavings Skills, use of rescue tubes, first aide, CPR and AED. Students will also shadow Lifeguards during their rotations.

**Lifeguarding Today** – The objective of the course is to provide the individual with the knowledge and skills needed to become a well-trained professional lifeguard at pools and non-surf beaches. Includes CPR: 1. Adult 2. Infant/child 3. Professional Rescuer and first aid in and around water, with spinal injuries emphasized. Pre-requisite: minimum age of 15 years prior to the start of the course.

**Please return form with payment to:**  
**Chambersburg Recreation Department, 235 S. 3<sup>rd</sup> Street, Chambersburg, PA 17201**